



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING



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OVERVIEW OF THE PHYSICAL EDUCATION CURRICULUM DOCUMENTS

Michigan's six Physical Education Content Standards and Benchmarks were approved by the State Board of Education in February 2007. These Content Standards and Benchmarks were adopted directly from the current six National Association of Sport and Physical Education's (NASPE) standards.

Grade Level Content Expectations (GLCE) were approved by the State Board of Education in April 2008. The Grade Level Content Expectations were developed in accordance with the newly adopted Content Standards and Benchmarks, and are available in:

- **Individual K-8** documents.
- **High School Michigan Merit Curriculum Credit Guidelines** document. The Revised Michigan Merit Credit Guidelines (MMC) outlines the requirements for the new physical education graduation requirement, as well as the content expectations for high school. In the MMC, the high school content expectations are organized into eight categories. One of the categories, Health-Related Fitness, is one of the required components of the physical education graduation requirement. The other categories containing expectations to meet the requirement are: aquatics, net/wall games, target games, invasion games, striking/fielding games, outdoor pursuits, and rhythmic activities.
- **(4) Individual Across the Grades Documents for K-8.** Across the Grade documents provide a look at each GLCE in a matrix format from kindergarten through eighth grade. The expectations have been aligned to show progression of a concept from one grade to the next. The four documents represent the four strands of physical education:
 1. K-8 **Motor Skills and Movement Patterns** Across the Grades Document
 2. K-8 **Content Knowledge** Across the Grades Document
 3. K-8 **Fitness and Physical Activity** Across the Grades Document
 4. K-8 **Personal/Social Behaviors and Values** Across the Grades Document
- **Companion Documents** are available to assist with aligning current curriculum with the new state expectations. The Alignment Record documents are available for each grade level K-8 and for each of the activity categories in the MMC. The Alignment Record documents are also available in Microsoft Word or PDF format.

Elements of Quality Physical Education

Curriculum

- Aligned with Michigan Standards
- Includes: motor skills, physical fitness, cognitive concepts, personal/social skills.

Instruction & Assessment

- Taught by certified physical education teachers
- Aligns curriculum, instruction & assessment
- Involves students in purposeful activities
- Builds students' physical abilities and confidence
- Includes students of all abilities

Opportunity To Learn

- Appropriate student to teacher ratio
- Adequate time, facilities, & equipment

Physical Education

• **Six Content Standards**

- **Benchmarks** (more detailed learning objectives by groupings):

- Early elementary K-2
- Later elementary 3-5
- Middle School 6-8
- High school 9-12

• **Grade Level Content Expectations (GLCE)**

Learning objectives by individual grade:

- K-8 grades
- High School: **Michigan Merit Curriculum Guidelines**

These documents may be found at: www.michigan.gov/physed

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